The eatwell plate

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The eatwell plate

The eatwell plate shows the recommended balance of foods in the diet.

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The eatwell plate is based on 5 food groups.

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Milk and dairy foods

Foods and drinks high in fat and/or sugar

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Fruit and Vegetables

What foods are in this group?

Name 6 examples.

We should all aim to eat at least 5 portions everyday.

Do you?

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Bread, rice, potatoes, pasta

Name 6 examples.

We need to eat lots from this group.

Try to eat food from this group at every meal time.

What could you have?

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Milk and dairy foods

This group is a good source of calcium.

Eating some foods from this group everyday can help give us all the calcium we need.

Try to choose low fat foods from this group.

*A portion is a small pot of yogurt, a 200ml glass of milk or a matchbox sized piece of cheese.

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Meat, fish, eggs, beans

Name 5 examples.

We need to eat foods from this group to stay healthy.

We should try to eat 2 portions of fish every week, 1 of which should be oily, e.g. salmon, mackerel.

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Foods and drinks high in fat and/or sugar

Name 4 examples.

We only need to eat small amounts from this group.

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Meals and Dishes

Much of the food eaten is in the form of dishes, combining many different food groups.

Shepherd's pie

Fruit and vegetables

Peas and carrots

Bread, rice, potatoes and pasta

Mashed potatoes

Milk and dairy foods

Sprinkle of cheese on top

Meat, fish, eggs, beans

Minced beef

Foods and drinks high in fat and/or sugar

Oil for frying the meat

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What is it made from?

Breakfast

Grilled bacon, poached egg, wholemeal toast, grilled mushrooms

Which food groups are used?

Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

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What is it made from?

Sushi

Which food groups are used?

Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

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What is it made from?

Lunchbox

Ham and salad sandwich, orange, chocolate mousse

Which food groups are used?

Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

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What is it made from?

Greek salad

Lettuce, red onion, olives, cucumber, tomato, feta cheese

Which food groups are used?

Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

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What is it made from?

Chinese evening meal

Sweet and sour pork, with vegetables and rice

Which food groups are used?

Fruit and vegetables

Bread, rice, potatoes, pasta

Milk and dairy foods

Meat, fish, eggs, beans

Foods and drinks high in fat and/sugar

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Proportions

The eatwell plate shows the proportions of different food groups that make up a balanced diet over 1-2 days (not every meal).

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Proportions

Which are the largest groups?

What is the smallest group?

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Proportions

33%

33%

12%

15%

7%

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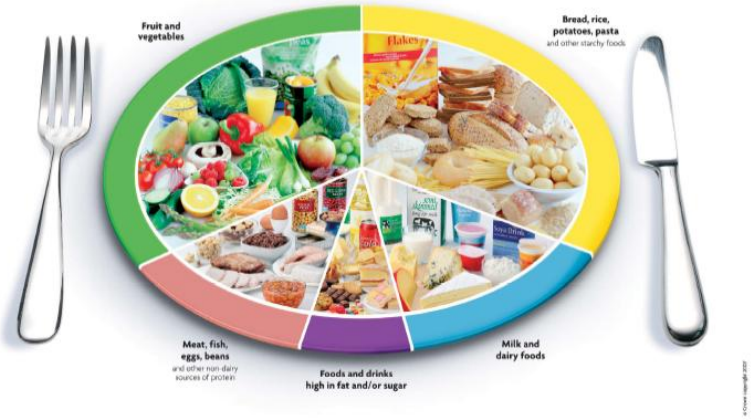
Your diet

Make sure your diet is balanced, like the eatwell plate.

Have lots of different types of foods in your diet.

Drink plenty of fluids, e.g. water, milk and fruit juice.



Enjoy your food!

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For further information, go to:

www.foodafactoflife.org.uk

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